

In the Claims

- 1 (previously presented). An anabolic composition comprising:
- a) cartilage, chondroitin sulfate, hyaluronic acid, or collagen in an amount effective in damaged tissue to act as an anti-neo-inflammatory and anti-neo-angiogenetic agent;
 - b) about one to three grams of at least one polar surface active lipid selected from the group consisting of phosphatidic acid, phosphatidylethanolamine, lecithin, phosphatidylserine, phosphatidylinositol, 2-lysolecithin, plasmalogen, choline plasmalogen, phosphatidylglycerol, diphosphatidylglycerol, sphingomyelin, and any combination of 2, 3, 4, 5, 6, 7, 8, 9, 10, or 11 of said polar active surface lipids;
 - c) a plurality of enantiomerically pure L-amino acids and glycine;
 - d) taurine or L-carnitine or both taurine and L-carnitine;
 - e) a component selected from the group consisting of polyoxyethylene sorbitan monooleate, sorbitan monooleate, grape seed extract, grape extract, and combinations thereof; and
 - f) vitamins, minerals or trace elements selected from the group consisting of Vitamin B12, Vitamin E, selenium, zinc, and combinations thereof.

2 (previously presented). The composition according to claim 1, further comprising a compound generally accepted as safe (GRAS), said compound being garlic.

3 (original). The composition according to claim 1, further comprising a flavorant.

4 (original). The composition according to claim 3, wherein said flavorant is a fruit juice.

5 (original). The composition according to claim 4, wherein said fruit juice is tomato juice.

6 (previously presented). The composition according to claim 1, wherein said amino acids are L-Leucine, L-Proline, L-Arginine, L-Valine, L-Aspartic Acid, L-Isoleucine, Glycine, L-

Threonine, L-Tyrosine, L-Phenylalanine, L-Serine, L-Histidine, L-Alanine, L-Cystine, L-Tryptophan, L-Methionine, L-Glutamine, L-Cysteine and L-Glutamic Acid.

7 (previously presented). The composition according to claim 1, wherein said component (b) comprises soy lecithin.

8 (previously presented). The composition according to claim 1, wherein said composition comprises taurine.

9 (previously presented). The composition according to claim 1, wherein said composition comprises L-carnitine.

10 (previously presented). The composition according to claim 1, wherein said composition comprises both taurine and L-carnitine.

11 (previously presented). The composition according to claim 1, wherein said composition further comprises omega 3 fatty acids.

12 (previously presented). The composition according to claim 1, wherein said composition further comprises a compound generally accepted as safe (GRAS).

13 (new). The composition according to claim 1, wherein said composition further comprises phosphatidylcholine.

14 (new). The composition according to claim 1, wherein component (b) comprises lecithin.

15 (new). An anabolic composition comprising:

- a) cartilage, chondroitin sulfate, hyaluronic acid, or collagen in an amount effective in damaged tissue to act as an anti-neo-inflammatory and anti-neo-angiogenetic agent;
- b) about one to three grams of at least one polar surface active lipid selected from the group consisting of phosphatidylcholine, phosphatidic acid, phosphatidylethanolamine, lecithin, phosphatidylserine, phosphatidylinositol, 2-lysolecithin, plasmalogen, choline plasmalogen, phosphatidylglycerol, diphosphatidylglycerol, sphingomyelin, and any combination of 2, 3, 4, 5, 6, 7, 8, 9, 10, or 11 of said polar active surface lipids;
- c) a plurality of enantiomerically pure L-amino acids and glycine;
- d) taurine or L-carnitine or both taurine and L-carnitine;
- e) a component selected from the group consisting of polyoxyethylene sorbitan monooleate, sorbitan monooleate, grape seed extract, grape extract, and combinations thereof; and
- f) vitamins, minerals or trace elements selected from the group consisting of Vitamin B12, Vitamin E, Vitamin A, alpha-tocopherol, selenium, zinc, and combinations thereof.

16 (new). The composition according to claim 15, further comprising a flavorant.

17 (new). The composition according to claim 16, wherein said flavorant is a fruit juice.

18 (new). The composition according to claim 17, wherein said fruit juice is tomato juice.

19 (new). The composition according to claim 15, wherein said amino acids are L-Leucine, L-Proline, L-Arginine, L-Valine, L-Aspartic Acid, L-Isoleucine, Glycine, L-Threonine, L-Tyrosine, L-Phenylalanine, L-Serine, L-Histidine, L-Alanine, L-Cystine, L-Tryptophan, L-Methionine, L-Glutamine, L-Cysteine and L-Glutamic Acid.

20 (new). The composition according to claim 15, wherein said component (b) comprises lecithin.

21 (new). The composition according to claim 15, wherein said composition further comprises omega 3 fatty acids.